Lauds Propers

Thursday Week I

Fifth Week of Lent

Invitatory Psalm Antiphon

Today if you hear the voice of the Lord, harden not your *hearts.*

First Psalm

Psalm 57

Morning prayer in affliction

This psalm tells of our Lord's passion. (St. Augustine)

Cantor: Awake, lyre and harp, with praise let us awake the dawn.

East Choir:
Have mercy on me, God, have **mer**cy *
for in you my soul has taken re*fuge.*
In the shadow of your wings I take **re**fuge *
till the storms of destruction pass *by.*
Awake, lyre and harp, with praise let us awake the *dawn.*

West Choir:
I call to God the **Most** High, *
to God who has always been my *help.*
May he send from heaven and **save** me *
and shame those who assail me.
May God send his truth and his *love.*
Awake, lyre and harp, with praise let us awake the *dawn.*

East Choir:
My soul lies down among **li**ons, *
who would devour the sons of *men.*
Their teeth are spears and **ar**rows, *
their tongue a sharpened *sword.*
O God, arise above the **hea**vens; *
may your glory shine on *earth!*
Awake, lyre and harp, with praise let us awake the *dawn.*

West Choir:
They laid a snare for **my** steps, *
my soul was bowed *down.*
They dug a pit in **my** path *
but fell in it them*selves.*
Awake, lyre and harp, with praise let us awake the *dawn.*

East Choir:
My heart is ready, **O** God, *
my heart is rea*dy.*
I will sing, I will sing **your** praise. *
Awake, my *soul,*
awake, lyre **and** harp, *
I will awake the *dawn.*
Awake, lyre and harp, with praise let us awake the *dawn.*

West Choir:
I will thank you, Lord, among the **peo**ples, *
among the natiosn I will praise *you*
for your love reaches to the **hea**vens *
and your truth to the *skies.*
O God, arise above the **hea**vens; *
may your glory shine on *earth!*

Full Choir: *(profound bow)*
Glory be to the Father and to the Son and to the Holy **Spi**rit, *
as it was in the beginning is now,
and ever shall be world without end. A*men.*

Cantor:
Lord, send your mercy and your truth to rescue us from the snares of the devil, and we will praise you among the peoples and proclaim you to the nations, happy to be known as companions of your *Son.*

Full Choir:
Awake, lyre and harp, with praise let us awake the *dawn.*

Canticle

Jeremiah 31

The happiness of a people who have been redeemed

Jesus was to die...to gather God's scattered children into one fold (John 11:51-52)

Cantor:
My people, says the Lord, will be filled with my bless*ings.*

East Choir:
Hear the word of the Lord, O **na**tions, *
proclaim it on distant coasts, and *say:*
He who scattered Israel, now gathers them to**ge**ther, *
he guards them as a shepherd his *flock.*
The Lord shall ransom **Ja**cob, *
he shall redeem him from the hand of his conque*ror.*

West Choir:
Shouting, they shall mount the heights of **Zi**on, *
they shall come streaming to the Lord's bless*ings:*
the grain, the wine, **the** oil, *
the sheep and the ox*en;*
they themselves shall be like watered **gar**dens, *
never again shall they lan*guish.*

East Choir:
Then the virgins shall make merry **and** dance, *
and young men and old as *well.*
I will turn their mourning in**to** joy, *
I will console and gladded them after their sor*rows.*
I will lavish choice portions upon **the** priests, *
and my people shall be filled with my blessings, says the *Lord.*

Full Choir: *(profound bow)*
Glory be to the Father and to the Son and to the Holy **Spi**rit, *
as it was in the beginning is now,
and ever shall be world without end. A*men.*

Full Choir:
My people, says the Lord, will be filled with my bless*ings.*

Second Psalm

Psalm 48

Thanksgiving for the people's deliverance

He took me up a high mountain and showed me Jerusalem, God's holy city (Revelation 21:10)

Cantor:
The Lord is great and worthy to be praised in the city of our *God.*

East Choir:
The Lord is great and worthy to **be** praised *
in the city of our *God.*
His holy mountain rises in **beau**ty, *
the joy of all the *earth.*

The Lord is great and worthy to be praised in the city of our *God.*

West Choir: Mount Zion, true pole of **the** earth, *
the Great King's c*ity!*
God, in the midst of its ci**ta**dels, *
has shown himself its strong*hold.*
The Lord is great and worthy to be praised in the city of our *God.*

East Choir: For the kings assembled to**ge**ther, *
together they ad*vanced.*
They saw; at onces they were as**toun**ded; *
dismayed, they fled in *fear.*
The Lord is great and worthy to be praised in the city of our *God.*

West Choir: A trembling seized **them** there, *
like the pangs of *birth.*
By the east wind you have **de**stroyed *
the ships of Tar*shish.*
The Lord is great and worthy to be praised in the city of our *God.*

East Choir: As we have heard, so we **have** seen *
in the city of our *God,*
in the city of the Lord **of** hosts *
which God upholds for e*ver.*
The Lord is great and worthy to be praised in the city of our *God.*

West Choir: O God, we ponder **your** love *
within your tem*ple.*
Your praise, O God, like **your** name *
reaches to the ends of the *earth.*
The Lord is great and worthy to be praised in the city of our God.

East Choir: With justice your right hand **is** filled. *
Mount Zion rejoi*ces;*
the people of Judah **re**joice *
at the sight of your judg*ments.*
The Lord is great and worthy to be praised in the city of our *God.*

West Choir: Walk through Zion, walk all **round** it; *
count the number of its tow*ers.*
Review all its **ram**parts, *
examine its cast*les,*
The Lord is great and worthy to be praised in the city of our *God.*

East Choir: That you may tell the next gener**a**tion *
that such is our *God,*
our God for ever and **al**ways. *
It is he who leads *us.*

Full Choir: Glory be to the Father and to the Son and to the Holy **Spi**rit, *
(profound bow) as it was in the beginning is now,
and ever shall be world without end. A*men.*

Cantor: Father, the body of your risen Son is the temple not made by human hands

and the defending wall of the new Jerusalem. May this holy city, built of living stones, shine with spiritual radiance and witness to your greatness in the sight of all nations.

Full Choir: The Lord is great and worthy to be praised in the city of our *God.*

Reading

Hebrews 2:9-10

Lector: We see Jesus crowned with glory and honor because he suffered death, that through God's gracious will he might taste death for the sake of all men. Indeed, it was fitting that when bringing many sons to glory, God, for whom and through whom all things exist, should make their leader in the work of salvation perfect through suffering.

(Silent Reflection)

Responsory

Lector: God himself will set me free, from the hunter's snare.
Full Choir: *God himself will set me free, from the hunter's snare.*
Lector: From those who would trap me with lying words
Full Choir: *-and from the hunter's snare.*
Lector: (all: profound bow) Glory be to the Father and to the Son and to the Holy Spirit.
Full Choir: *God himself will set me free, from the hunter's snare.*

Benedictus Antiphon

Jesus said to the chief priests and the crowds of the Jews: Whoever comes from God hears the word **of** God. * You will not listen because you do not come from *God.*

Intercessions

Lector: Christ our Lord came among us as the light of the world, that we might walk in his light, and not in the darkness of death. Let us praise him and cry out to him:
Full Choir: *Let your word be a lamp to guide us.*
Lector: God of mercy, help us today to grow in your likeness, that we who sinned in Adam may rise again in Christ.
Let your word be a lamp to guide us.
Full Choir: Let your word be a lamp to guide us, that we may live the truth and grow
Lector: always in your love.
Let your word be a lamp to guide us.
Full Choir: Teach us to be faithful in seeking to common good for your sake, that your
Lector: light may shine on the whole human family by means of your Church.
Full Choir: *Let your word be a lamp to guide us.*
Lector: Touch our hearts to seek your friendship more and more, and to make amends for our sins against your wisdom and goodness.
Full Choir: *Let your word be a lamp to guide us.*

Prayer

Lord, come to us: free us from the stain of our sins. Help us to remain faithful to a holy way of life, and guide us to the inheritance you have promised. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.